

Bloomington Youth Basketball

7- and 8-Year-Olds

Playing Rules

Rule Modifications

- Games consist of four six-minute quarters.
- Clock will run except during time-outs, substitutions and injuries.
- Mandatory Playing Rule.
- Teams limited to two full time-outs per game.
- Coaches must coach from the sideline.
- Modified Slow Break rules.
- Man-to-man defense only. No double teaming outside of the paint area.
- Players will wear colored wristbands to help distinguish defensive assignments.
- Players cannot steal the ball off the dribble or out of a player's hands.
- Relaxed enforcement of ball handling violations with no change of possession through the first three games; during the fourth game each team will receive one warning and then violations will become turnovers.
- Score is kept; however there will never be a larger than twelve-point discrepancy on the score board.
- Teams will match up at the beginning of each quarter and after substitutions. No changing of wrist bands during time outs unless you notify other coach and/or score table.

Facility/ Equipment Modifications

- Women's size ball is used (28.5" circumference)
- Free throw line is set at 12 feet.
- Basket height is 8 feet.

Sportsmanship

Standards

- A. An important goal of this league is to teach the participants respect for other players, coaches, officials, and fans by encouraging good sportsmanship. Poor sportsmanship by any participant will not be tolerated, and will be dealt with immediately.
- B. It is a State Law that no person may physically bump, or threaten an official.
- C. There is a "No Tolerance" rule for fighting for players, coaches, fans and officials.

Penalties

- A. Coaches or players who are ejected from a game for unsportsmanlike conduct will be automatically suspended from the team's next game. A second ejection

for unsportsmanlike conduct will result in the coach or player being automatically suspended from participating for the remainder of the season.

- B. Coaches receiving a technical foul for unsportsmanlike conduct will receive a “Letter of Reprimand”. A second technical foul at any point in time during the remainder of the season for unsportsmanlike conduct will result in the coach being suspended for his/her team’s next game. An accumulation of technical fouls for unsportsmanlike conduct at any time will result in the coach being suspended for the remainder of the season.
- C. Officials from the league may remove any participant or spectator from a gym during a game or practice for actions that are in violation of accepted standards of conduct in a youth sports environment.
- D. The Bloomington Youth Basketball League reserves the right to enforce stronger penalties if the situation so merits.

Playing Rule

All participants are required to play at least two full quarters during the game. No player should play all four quarters, unless seven or less players are in attendance. Coaches are encouraged to rotate starting lineups and limit the amount of substitutions during quarters.